

The Cheerful Letter

EVERY PLACE A CHURCH; EVERY DAY THE LORD'S DAY; ALL EVENTS BLESSINGS; ALL JOY
THANKSGIVING; AND ALL NATURE AND LIFE FULL OF GOD.—James Freeman Clarke.

VOL. XXIX.

MARCH, 1921

No. 10

THE CHEERFUL LETTER.

MONTHLY, EXCEPT AUGUST: 50 cents a year.

Single copy, 5 cents.

Entered at the Boston, Mass., post-office as
second class mail matter, Nov. 14, 1892.

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EASTER MORNING.

*(Bless the Lord, O my soul: and all that is
within me, bless His holy Name!)*

Again the Lord of life and light
Awakes the kindling ray,
Unseals the eyelids of the morn
And pours increasing day.

Oh, what a night was that which wrapped
The heathen world in gloom!
Oh, what a sun which broke that day
Triumphant from the tomb!

This day be grateful homage paid
And loud hosannas sung;
Let gladness dwell in every heart
And praise on every tongue.

Ten thousand differing lips shall join
To hail this welcome morn,
Which scatters blessing from its wings
To nations yet unborn.

—A. L. Barbault.

SHADOW.

*Let your loins be girded about, and your
lights burning; and ye yourselves like unto
men that wait for their lord.—LUKE xii. 35-36.*

It may be that Christ thought, as he
spoke these words, of the night of the
Passover. That was a grievous night and
one much to be remembered. They waited
awake, from sunset till midnight, in
readiness for action, girt up for the jour-

ney. Their lights were burning as they
watched. Fear, expectation, and hope ran
in and out of their hearts, but mostly
hope prevailed, for they waited for their
Lord who should set them free. Outside
the rooms deep midnight lay, and the
storm gathered, and on the wings of the
darkness and the thunder brooded the
angel of the plague. It was their time
of shadow.

When shadow comes by our own fault
or that of others, we are like the Israel-
ites; we are forced to stand still. But we
can keep up a certain temper of mind and
thought, and we can work inwardly on
ourselves.

How should we work on ourselves?
Shadow comes on our inner life; a great
sorrow or a great sin or a great storm
of thought in which hope, faith, and God
seem to die, pours thick darkness on the
soul. Stricken down, groping in the
gloom, some men and women think there
is nothing for it but to lie silent and help-
less in the night. . . . Our duty is to arise
and light our lamps! As long as we lived
in sunshine we did not need them; now
in the midnight of the heart, it is strange
if we have no lamps laid by against the
evil time. In truth, we do all possess
them. Rise; kindle them; and live by
their light till sunlight comes!

Kindle the lamp of Memory. Remem-
ber all your sunshine. If we dwell with
resolution on past happiness, it comes to
lay its hand on our heart and comfort
it. And then gratitude will come,—grati-
tude to God and to man. Gratitude will
heal the worst evil of darkness,—the
angry bitterness which corrupts and
hardens the heart. Gratitude makes the
soul stronger by giving it, through recol-
lection of good, power to endure evil. It
fortifies the soul—it is one of the roots
of courage. If we are grateful, we shall
be brave. Light, then, the lamp of Mem-
ory. The first of our duties in shadow
is to remember sunlight.

Then there is the lamp of Meditation.
In the rush of the world we have but
little time for quiet thought. Now is our
time to learn something about ourselves,

to know where we are, what we have become, and what we are made of. Therefore, in the dim room of our heart, while the storm roars outside, let us light the lamp of Thought and read our life. With that lamp we must burn another,—the light of Truth. Thought without truthfulness, without *sincerity with one's self*, is little good. We are seldom real with ourselves. Often it is only the shadows of life that force us to be so. We are stripped of our excuses; we can no longer palter with ourselves. God drives us to take out the lamp of truth and light it,—to kindle it frankly, to trim its light, to look without flinching at all which thought shows to us as the rightful claim of God upon us. If while we meditate we weave a veil of excuses around our sin or fault or folly, then meditation will only double our ignorance and our weakness. . . . Oh, *be sincere with yourselves* in these hours! Look down into the very depths of your life, and see it all and judge it all with unsentimental honesty!

Then, when that work is done, it is easy to gird up the loins of our mind in readiness for a new life. The new life will come ere long; we must be ready for it. Shadow and darkness do not always last, except when we love our darkness and cherish our gloom. Sometimes we are unready; the new way opens and we see it; the call comes and we hear it; we are awake and desirous, but we are encumbered; we cannot move quickly enough. The way closes and the light fades while we are getting ready. Every one knows how common that is.

Therefore another temper of mind (and as religious a one as the last) is needful in times of shadow,—the temper of readiness for the time. It is to have the loins girt up like a runner waiting for the signal. That is the next bit of work in the days of darkness,—to get rid of our encumbrances,—the spirit of selfish greed, the wrong thing which we took to our heart and loved and half-love still;—these are some of the heavy garments which we must throw off, if we would be ready and girt-up for a brighter and nobler life. For if we keep them by us, thinking we have laid them aside while we still hope to use them again, they will cling around our feet when we are called to act, and we shall not be able to start when God says, "Begin again."

Having lit our lamps and done the work set for us, then our true temper is to wait for the Lord, to have faith in His

love, to take our sorrow, doubt, illness, misfortune, as a part of His education; to draw nearer to Him in love and trust and humbleness of heart. We know that the sunlight must come to us. We wait,—not for greater darkness, but for the coming light. How long it may take in coming, none can tell; but it does come.

There is one darkness, dreadful beyond all other and seemingly hopeless, when, resting under a cloud of sin, we have got entangled in wrong-doing,—entangled, worst of all, in the wrong-doing that we love, hating the sin but loving the thing; unable to get away; always repenting, always falling and again repenting till the sin has become the habit of the soul. Despair comes on us, or a dreadful recklessness. By the very fierceness of our punishment we are strangely made to feel,—not that God is wrath, but that God is love. I cannot say how it is done, but it is done; and so wonderful it is, that it is wholly inexplicable except on the supposition of a Divine Father who cares for us. Our hearts are broken with the remorse of love; then out of the depths comes the cry, "I will arise and go to my Father!"

You who are now in despair from sin, gird up your loins and run home to God! Cry to your Father for help; ask passionately for His redemption; be incessant in prayer. Then you may watch and wait for the sunlight, for the goodness of God.—*Stopford A. Brooke.*

THE STILL HOUR.

Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a living hope by the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled, and that fadeth not away, reserved in heaven for you.—1 PETER i. 3-4.

'Tis easy enough to be pleasant

When life flows by like a song,
But the man worth while is the one who
can smile

When everything goes dead wrong;
For the test of the heart is trouble,
And it always comes with the years;
And the smile that is worth the praise of
the earth

Is the smile that comes through tears.

—*Ella Wheeler Wilcox.*

A book is a friend; a good book is a good friend. It will talk to you when you want it to talk, and it will keep still when you want it to keep still; and there are not many friends who know enough to do that!—*Lyman Abbott.*

THE BOOK AND MAGAZINE CLUB.

Send all offers and requests for this department to Mrs. W. B. Nichols, 25 Fairmount Way, Quincy, Mass., Tel. Quincy 1140.

Please remember, when you see a request for a book in the Book Club, to write a card to Mrs. Nichols asking "Shall I send such a book to such a person?" before sending it, else the person who requests it may receive several copies. When any one writes directly to you, asking for a book offered by you, send a card to Mrs. Nichols, saying that you have sent it. When you receive more requests than you can meet, send these to the Book Club to be printed here.

The Cambridge Branch offers the following books. Address Mrs. Henry R. Bowser, 36 Lancaster Street, Cambridge 40, Mass. "The Earl's Return," Owen Meredith; "Essays on Addison and Milton," Macaulay; "Life of Robert Burns," Shairp; "Life of Nathaniel Hawthorne," Henry James, Jr.; "Life of William Cowper," Smith; "Ethics of the Dust," Ruskin; "Hymns and Tunes" (twelve pamphlet copies); "Shadows of the Stage," Winter; "Old Shrines and Ivy" (I, "Shrines of History"; II, "Shrines of Literature"), Winter; "Life of Wolsey," Cavendish; "Sir Roger de Coverley Papers," Addison; Complete year of *Scientific American*, 1918; "The Thoughts of Marcus Aurelius"; "The Captured Dream," Octave Thanet; "The Modern Reader's Bible" (four books: Genesis, Exodus, Judges, Kings); Old Testament; Book of Psalms; New Testament; Gospel of Saint Luke; The Four Gospels.

Mrs. F. J. Janeway, Locust Grove, Oklahoma, offers the following: Three books on Psychology; two on Public School Methods; two on teaching Reading; Latin Grammar, Elementary Algebra, Oklahoma History and Civics, Physiology (three volumes); Lowell's Poems.

The following are offered through Mrs. F. C. Brush, 29 High Street, Montclair, New Jersey: "The Great Hunger," Johan Bojer, translated from the Norwegian; "His Majesty's Well Beloved," Baroness Orczy; "The Second Fiddle," Phyllis Bottome; "Young Diana," Marie Corelli; "With Other Eyes," Norma Lorimer; *National Geographic Magazine*, 1920, complete, also 1920 lacking August number;

"Miss Pim's Camouflage," Lady Stanley; "Outwitting the Hun," Lieut. Pat. O'Brien; "The Long Roll," Mary Johnston; "My Home in the Field of Honour," Frances Wilson Huard; "The Fortunate Youth," William J. Locke; "Against Human Nature," Maria Louise Pool; "Richard Yea and Nay," Maurice Hewlett; "Four Girls of Forty Years Ago," Nina Rhoades; "Mr. Ingleside," E. V. Lucas; "The New Republic," W. H. Mallock; "All and Sundry," E. T. Raymond; "Four American Leaders (Franklin, Washington, Channing, Emerson)," Charles W. Eliot; "Peeps at People," Robert Cortes Holliday; "Endymion," Earl of Beaconsfield; "Travelling Companions," Henry James; "Elizabeth and her German Garden"; "Red Friday," George Kibbe Turner; "Garden Mosaics: Philosophical, Moral, and Horticultural," Alfred Stimson; "A Christmas Mystery," William J. Locke; "What Will He Do with It?" E. Bulwer-Lytton; "When Ghost Meets Ghost," William de Morgan; "Herald Sermons," George H. Hepworth (first and second series); "John Gilley, Maine Farmer and Fisherman," Charles W. Eliot; "The Song of Hiawatha," Longfellow; Services for Congregational Worship.

The Brookline (First Parish) Branch offers the following. Address Miss M. W. Suter, 116 Warren Street, Brookline, Mass. "The Reign of Law," Allen; "Jane Eyre," Brontë; "Trade Unionism and Labor Problems," Commons; "Tables for the Determination of Common Minerals," Crosby; "The Diary of a German Soldier"; "Noble Womanhood," Dole; "The Dolly Dialogues," Hope; "The Conquest of Consumption," Hutchinson; "The Reading Public," Jenkins; "Plea for a Simpler Life," Keith; "Alton Locke," Kingsley; "The Ivory Trail," Mundy; "A Singular Life," Phelps; "Tariff History of the United States," Taussig; "The Three Clerks," Trollope; also three plays,—"No Cure, No Pay," "Sweethearts," and "Tom Noddy's Secret." The following magazines are offered: *Bird Lore* for 1920; *Century* for 1916, 1917, 1918, 1919; *The World's Work* for 1920.

The Winchester Branch offers the following magazines. Address Miss E. A. Stevens, 203 Highland Avenue, Winchester, Mass. *National Geographic*, 9 numbers of 1919 and 9 of 1920; *Century*, 7 numbers of 1920; *Harper's*, complete year 1918, 9 numbers of 1919 and 7 of 1920.

The Wellesley Hills Branch offers the following books. Address Mrs. L. K. Preston, 10 Appleby Road, Wellesley, Mass. "Town and Country," J. S. Adams; "Stephen Girard," H. A. Ingram; "Naturalist's Library," Buffon; "First Impressions of England," Hugh Miller; "Life of Lord Jaffrey" (vols. 1 and 2); "Domestic Economy," Miss Beecher; "Letters on General Literature," Montgomery; "Talks about People's Stomachs," Dio Lewis; "Growth of Christian Life"; "Helps to Education," Warren Burton; "Vestiges of Creation"; "The First Century of the North Church, Salem, Mass."; "Principles of Zoölogy," Agassiz; "What a Young Girl Ought to Know," Wood and Allen; "Philosophy of Natural History," John Ware; "Upham's Mental Philosophy"; "Life and Letters of Thomas Mumford"; "Memoir of Mary C. Ware"; "Life of Gibbon"; "Letters on Astronomy," Olmstead; "Chemistry of Common Life," Johnston; "Elements of Astronomy," Lockyer; "Modes of Motion," Dolber; *Mechanic's Magazine* for the year 1830; "Formation of Christian Character," Henry Ware; "Flower Culture for Parlor and Garden"; "Mellish's Travels in the United States in 1812"; "Clarke's Travels in Various Countries in 1815"; "Alice, or The Mysteries"; "A Place in My Memory," Dr. Kroyft.

REQUESTS.

1. I have been teaching school most of the time for eleven years and had to quit on account of poor health, though my health is much improved the last year. I have been married five years but have no children. I should be glad to have any kind of good reading matter, books or magazines. Mrs. T. J. Janeway, Locust Grove, Oklahoma.

2. I am a married woman and should appreciate any good reading matter and quilt pieces. Mrs. A. R. Wood, Woolwine, Virginia.

3. Ellen Hanson, DeYoung, Pennsylvania, would like "Following of the Star."

4. We have three little boys, aged from three to eight years and I should be so thankful for story-books for them. We lost all we had by fire, and I should be thankful if some friend would send pieces for quilts, as I have to make all the quilts we use. Any one who has ever been burned out can sympathize with us. The Works here are about all shut down and we know not where to go or what to do.

Will some Cheerful Letter friend please write me? I shall be very thankful for any cheer, for we had to start from the beginning after our house was burned. If any one has any books or papers they are through with, I shall be more than thankful to have them and will gladly pass them on to others who are as destitute as I am. May God bless your good work, is my prayer. Mrs. Frank Gibson, Badin, North Carolina, Box 211.

5. Mrs. W. R. Hudson, Pleasant View, Virginia, a shut-in, sends her thanks for the *Ladies' Home Journal* which has been sent her. She will be very glad to receive any reading, as she lives on a farm and gets very lonely.

6. We are two little orphan girls and we should like to correspond with other girls. We should like especially to get cards and letters on or near our birthdays, which will be March 6 and April 26. We shall be 11 and 13, respectively. We are members of the Methodist church and go to Sunday-school. Hazel and Agnes Cox, Dodson, Virginia.

7. Mrs. S. A. Witt, Epperson, Tennessee, shut-in during the winter, asks for reading. She is elderly, lives with her son in a lonely mountain home.

8. Mrs. J. G. Hartsoe, Bina, North Carolina, the mother of three children, seven, four, and two years, will be glad of reading, and pictures for the children.

9. Will some one please send me some good books and magazines? I should enjoy *The Cheerful Letter* especially. I have been married two years and have one little girl. I should enjoy a birthday shower the 18th of March, when I shall be twenty-seven. (Mrs.) Pearl Couick, Great Falls, South Carolina, Box 3.

10. I wish to thank those who sent me the nice journals and such pretty cards. I should like to write to each one separately, but I do not know who sent them. I hope still to be remembered, and I wish the Club great blessing. (Miss) Verna Thornton, Pera, Virginia.

11. I am a girl thirteen years of age and am very lonely. I am in the seventh grade and I crave an education. I am writing to get help and comfort. We are very poor. I have one sister and six brothers. My father is in the hospital. He was wounded at a saw-mill where he was trying to make some money. He was

hurt in both legs, and I don't know whether he will ever walk again. I should like some good reading matter, and some speeches for the school. I have only one hand. I have never had a left hand. My sister Irene is seventeen. She had to leave school on account of father's accident. Bessie Hill, Marshville, North Carolina, Route 2, Box 34.

12. *Hearst's Magazine* is asked for by Miss Margaret Day, 1018 Fifth Street, Greeley, Colorado.

13. Mrs. Flora Snell, Ironsburg, Tennessee, mother of six children, one of whom, a girl of eleven, is deaf and dumb, will appreciate good reading for herself and family. The oldest child is twenty-two; the youngest five years.

14. Mrs. R. P. Carlton, Pores Knob, North Carolina, will be very grateful for good reading matter for herself and husband,—books and magazines, especially *Woman's Home Companion*; also any kind of story and picture books for her two little boys, aged seven and nine.

15. "African Adventures" and "How Plants Grow" are asked for by Randolph A. Innis, Charlotte Amalie, St. Thomas, Virgin Islands.

16. As I haven't heard from my dear Cheerful Letter friends for some time I thought I would write and ask them to please remember me and my little ones this winter. I get very lonesome. I should be so thankful for *McCall's* for 1921 and *The Cheerful Letter*. I am a widow woman; work very hard to keep house, for my little children want me to so bad. I sure have been blessed so far. Creasie Marshall, Foster Falls, Virginia.

17. Mrs. Mary A. Bosch, 1033 South Fulton Street, Salisbury, North Carolina, asks for "Enoch Arden" and "African Adventures."

18. Shakespeare in one volume is asked for by B. F. Capps, Hendersonville, North Carolina, Route 1, Box 112, and by Mrs. W. F. Galloway, 108 Lakeside Avenue, Burlington, North Carolina.

19. Mrs. Lee Traywick, Marshville, North Carolina, Route 2, would appreciate any good book.

20. Mrs. Jennie Agee, Spencer, Virginia, Route 1, Box 35, asks for reading, as she is troubled with rheumatism and cannot get about.

21. I am a young married woman living in a strange community, and as I recently

was given a copy of *The Cheerful Letter* I am writing you to request some reading matter, books, magazines, or anything to help me pass the hours of my husband's absence. He is now working on a farm a few miles distant and is seldom at home except at night. I should especially like the *Ladies' Home Journal* and *Needlecraft*. I will give the name of my former pastor, J. S. Magee, Forestburg, Texas. (Mrs.) Ollie Perryman, Shamrock, Texas, Route 1.

22. I just have one little brother and no sister. I am fourteen years old. Papa is poor, and I would thank the ladies for reading. Should appreciate letters and cards from some girl my age. Bessie Prillawan, Bassett, Virginia, Route 2, Box 55.

23. Sam Smith, Stonerville, North Carolina, would like any good novel.

24. We are two motherless girls aged thirteen years, and we should like suitable reading. We are in the fourth grade at school. We are cousins. I, Maxie Lee, live with my grandmother, and I, Minnie, live with my father. We should also like some pieces for patchwork. Any kind of reading will be appreciated. Minnie and Maxie Lee Foley, Elamsville, Virginia.

25. Mrs. Victoria Brooks, Jones Store, Virginia, a shut-in, asks for papers or story magazines.

26. "History of the World" (Quackenbos), is asked for by Carrie E. Wilder, Fairport, New York, care Baptist Home, and Miss Elsie Harrington, Swatara, Minnesota.

27. Mrs. Joe Dodd, Sandidges, Virginia, wishes to thank every one who so kindly sent her good reading and other tokens through *The Cheerful Letter*. She writes: "I have been sick right much this winter and everything you sent was greatly appreciated. I should be thankful to receive scraps of any kind for my quilts, and I should like to correspond with some of the *Cheerful Letter* readers."

28. Rev. J. W. Marsh, Bear Creek, North Carolina, will be grateful for any literature that will help him to be a preacher. He has not been able to have the necessary education.

29. I wish to thank those who have sent us reading matter in the past. No one knows just how much they were appreciated. My husband and I would be glad to receive any good books or magazines,

such as the *Argosy* and *All-Story Weekly*. Mrs. W. G. Cherry, Elkhart, Texas, Route 2, Box 29A.

30. Lucy Chase Finley, Medical Social Service Director at Fairfield, Maine, writes: "Our Sanatorium is for the care of the tuberculous; we have both paying and free patients, all of whom are treated as if they were paying ones. We cannot use anything that is not fresh and clean, so far as cards are concerned, and only the current magazines are of use, as the patients keep up with the monthly or weekly issues."

31. Mrs. J. L. Warner, 3614 Wildwood Avenue, Cleveland, Tennessee, asks for reading for herself and husband, who has been ill for years and unable to do anything.

32. Mrs. Jane Rue, Athens, Tennessee, R.D. 1, and her three children,—Boyd aged twenty-one and married, Laura fifteen, and a small boy seven,—will be glad of any suitable reading. She is a poor, hard-working woman.

33. The following are asked for by Mrs. J. C. King, Sandy Ridge, Stokes County, North Carolina: "The Works of Josephus"; Tacitus; Plutarch's "Lives"; "History of the World"; "History of Palestine"; "History of the Red Cross"; "Pliny the Younger"; "Caesar, Antony, and Brutus."

34. Mrs. Mildred Alley, Germantown, North Carolina, asks for story-books for small children.

35. Miss Esther A. Ford, Winterport, Maine, asks the prayers of the Cheerful Letter friends, that her faith in God may never fail. She is passing through sorrow, and the way looks very dark. She is left alone in the world and is not well. Will some one write her who can send stamp for reply? She would like Sabbath reading, pieces of any kind for patchwork, or yarn for knitting. Pray God to bless her, that she may not suffer.

THE MOTHERS' COUNCIL.

CARING FOR THE SICK.

Bed-sores. In many instances these may be entirely prevented by proper care. The immediate causes of such sores are undue pressure on certain parts of the body, and neglect. Restless patients sometimes rub the skin off the elbows while lying in bed.

The application of some soothing, oily lotion, and the protection of the parts from further injury, are usually all that is necessary. Bed-sores caused by moisture appear as a red, swollen area, from which the skin is easily broken or rubbed, leaving a raw surface which is liable to all sorts of infection. Persons who cannot control their urine are particularly liable to this trouble. Treatment for this consists, first, in making the parts absolutely clean by washing with soap and water, then applying a weak (four per cent.) solution of boracic acid. The surface should be thoroughly dried with clean cotton and powdered with an antiseptic powder. The main object is to keep the parts completely clean and dry. It is best not to apply any dressing, but to turn the patient from side to side often, so that no one spot shall have to bear long the pressure of the body's weight. The bed itself must be kept dry, free from wrinkles, free from crumbs. If possible, the back should be rubbed with alcohol and dusted with talcum powder at least once a day. This tends to toughen the skin and stimulate the circulation; it also gives the attendant an opportunity to inspect the shoulder-blades and the tip of the spine.

An ugly sore which has already formed needs treatment to be ordered by a physician, according to circumstances. It should not be neglected, as blood-poisoning might result from lack of care.

Bathing. When preparing to give the patient a bath in bed, there should be ready at the bedside plenty of hot water, towels, wash-cloths, soap, and comb and brush. A small, clean stick with soft, fresh gauze wound about one end is convenient for washing out the mouth (a fresh swab to be used each time). The bed itself should be protected with a rubber sheet, covered by a blanket. The usual bed-clothes should be neatly folded down to the foot of the bed, and the patient covered with a warm wool blanket,—not simply with a sheet. The face and neck should be bathed first and dried, then the rest of the body, one section at a time, should be washed and dried, keeping all the body covered warmly except the special part that is being bathed. In this way the patient is not exposed.

Ventilation. It is very important that the air be kept clean and fresh. Even in cold weather this is of great importance; and, indeed, it is always a mistake to think one is "saving heat" by keeping a

sick-room shut up tightly. It is much easier to heat clean air than to heat air that is foul from repeated breathing.—*Adapted from The Junior Nurse, by Charlotte A. Brown.*

CHILDREN'S CLASSICS.

THE STORY OF PERSEPHONE.

(Concluded)

Imagine the dismay of Mother Demeter when she returned home and found no daughter running to meet her! She asked every one what had become of her child, but it was long before she heard a word to explain her loss. Then at length she found a wood-nymph who had seen the hurrying car and heard the girl's cries for help; and she knew from the description of the masterly driver that it must have been Pluto, the lord of the great, mysterious underground world, who had robbed her of her daughter.

Here and there, hither and yonder, the mother travelled, searching for some entrance to Pluto's kingdom; but Pluto had attended to that sort of thing; no entrance was anywhere visible. Demeter became sick with misery; her work for the fields was so neglected that the crops failed, and then everybody else was in misery too. The only comfort she found during those sorrowful days was in the kindness of one family over in the southern part of Greece. She spent much time with those friends, and became very fond of their little son, Trip-tol'-e-mos. After a while she decided to appeal to the authority of Jupiter, the monarch of all the gods of Greece, and Jupiter heard the story of the wrongs she and her daughter were suffering because of the tyrannical ruler of the regions down inside our earth. He decided that Pluto should not be allowed to keep the prisoner away from her mother, and sent the spirit of the Springtime down underground with a message to this effect: if since her capture the prisoner had eaten nothing at all, she was to be set at liberty at once, and Pluto must let her alone thereafter; if since her capture she had eaten anything in the under-world, she must stay with Pluto one month of each year, for every morsel eaten.

Great was the mother's delight when this message was sent by Jupiter, for his authority was such as no man and no spirit might disobey. Joyfully she awaited the girl's return, when one of the invisible

gates to Pluto's kingdom opened, and her daughter came back to the world of sunshine and blue skies.

But,—alas! alas! there was a mixture of mourning in the joy. During the absence in the under-world Persephone had indeed kept refusing food, she was so homesick; but hunger had one day made her eat six seeds from a bit of fruit that reminded her of the world she had lost! It was hard indeed to accept the penalty Jupiter had pronounced, but there was no appeal from his decision. It had to be arranged between Demeter and Pluto that the girl should each year spend six months with her mother and six months in the dark regions down underground. But perhaps that made the six months of home life and happiness even more precious than before.

Demeter did not forget, in her time of good fortune, the people who had been so friendly to her in the time of grief. To show her gratitude, the wise guardian of the growing crops undertook to teach the boy, Triptolemos, her own secrets about the growing of such grains as people needed for food. She showed him how to choose and store the best seed, between harvests; how to plough and harrow the ground; how to plant the seed and cultivate the young plants; how best to manage in harvest-time, about reaping and threshing. In fact, she gave Triptolemos the very first lessons in scientific farming that human beings ever received. And her pupil taught his neighbors, and the fields of all the Greek-speaking country folk became so prosperous and productive that they were the wonder of the world.

Scholars who have studied the old story say that the tale about Persephone's stay as a prisoner underground must really have been a poetic way of relating the experience of a seed that lies in the dark earth until spring sunshine calls it to push its first green leaves up through the mould, and then to grow in the rejoicing sunshine. Every year the seeds of wheat and barley and our other useful food-grains have to go through that repeated experience, spending part of the time imprisoned in the dark earth, and then coming back to new life.

A fly and a flea in a flue were imprisoned;
So what could they do?
Said the flea, "Let us fly!" Said the fly,
"Let us flee!"

So they flew through a flaw in the flue.

THE CHEERFUL LETTER EXCHANGE.

Chairman of the Cheerful Letter Exchange,
Mrs. W. B. Nichols, 25 Fairmount Way,
Quincy, Mass.

Secretary of the Cheerful Letter Exchange,
Mrs. Francis Hastings, Kendal Green, Mass.

Editor of The Cheerful Letter, Miss L.
Freeman Clarke, 5 Brimmer Street, Boston,
Mass.

Book Club Secretary, Mrs. W. B. Nichols,
25 Fairmount Way, Quincy, Mass.

Subscriptions to this paper (50 cents per year) should be sent to The Cheerful Letter Exchange, 25 Beacon Street, Boston, Mass. Checks or postal orders should be payable to The Cheerful Letter Exchange.

OBJECTS.

1. To cheer and comfort the lonely and discouraged—not only invalids, but all who need cheer and comfort—by the interchange of letters and by gifts of books and periodicals.

2. To supply in some measure to young people in remote places the lack of schools, by gifts of school-books, letters, and, for those who desire it, correspondence classes on history, the natural sciences, and other interesting branches of study. If any desire to join such classes, they may send their names to our secretary.

3. Also to supply, to some extent, the lack of a church. One good sermon or similar article is printed in each number of the paper. These sermons are never doctrinal, but practical, and intended to cheer and comfort the sorrowful and aid in giving a vital religion without regard to sect or creed.

Any minister (of any sect) who receives this paper is cordially invited to distribute the copies of *The Cheerful Letter* received among lonely members of his parish, shut-ins or invalids of whom he may know. He is also invited to write to our headquarters (see address on this page) and give names and addresses of those who may be cheered and helped by becoming our correspondents.

No *theology* is disseminated in our paper. All the religious matter is intended merely to strengthen, cheer, and comfort those in need of such practical help.

IMPORTANT NOTICES.

To fill the unusual demand for copies of The Cheerful Letter, it will be greatly appreciated by the Committee if friends will do personal canvassing during the year and bring in a list of new subscriptions. Many of our correspondents feel that they can no longer afford to subscribe, but deplore the loss of the paper.

OFFERS.

Givers of books are reminded that only books of instructive or wholesome nature should be offered in the Book Club. Classics, educational works, and standard novels are always acceptable.

REQUESTS.

THE ATTENTION OF READERS IS CALLED TO THE FOLLOWING NOTICE:—

It is a rule of the Cheerful Letter Exchange that no one may ask for money, clothing, or other articles, except books and magazines.

The name of any person who fails to obey this rule will be dropped from our list. Any worker receiving such a request should send the letter at once to headquarters.

CIRCULATING LIBRARIES.

The Cheerful Letter Exchange offers to start a circulating library in any small community needing one, providing proper location and care can be furnished and satisfactory references supplied. Apply to Mrs. H. A. Stevens, 76 Edgemere Road, Quincy, Mass.

STUDIES AT HOME.

The Home Study Committee of the Cheerful Letter Exchange is planning for more efficient work.

Our aim is to help in subjects in which one is deficient; to help one fit himself for a higher grade of work.

We have books used in the schools here, which can be used for supplementary work in the schoolroom or in the home.

Make all applications for this department to Mrs. George G. Saville, 30 Woodward Avenue, Quincy, Mass.

MUSIC.

The music sent out by this department has in the past given much pleasure; and, now that there is more and more interest in "community singing" the calls for help may naturally be expected to be greater.

Offers and requests should be sent to Mrs. Thomas Lacey, 35 East 30th Street, New York City, or to All Souls Church, Fourth Avenue and 20th Street, New York City.